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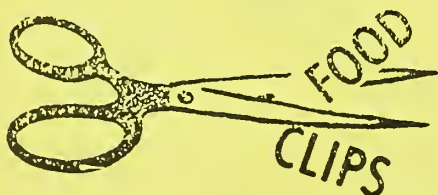
Food and Home Notes

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Cured ham and sausages are freed of trichinae by the combined effects of time, temperature, salt, and drying, according to U.S. Department of Agriculture food scientists.

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Remember, cooking time varies with intensity of heat produced. A roast cooked on an outdoor rotisserie may require a longer time to cook if the day is a breezy one.

* * *

Pork liver, kidneys, heart, and chitterlings generally require braising or simmering to make them tender.

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What are "kidney chops of veal"? Loin veal chops with a slice of kidney.

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A crown roast of veal has rib sections "frenched" (meat removed from the end of each rib bone). The ribs are shaped and fastened into a crown.

* * *

ON FEEDING BABY *

You can feed baby safely and well, and usually at lower costs if you use home-prepared foods, according to research conducted by the U.S. Department of Agriculture. However, this assumes that simple, economical, and nourishing foods are prepared and served at home with minimal contamination. On the other hand -- commercially prepared baby foods are a great convenience to the busy mother and may well be worth the additional costs. In homes where hygienic preparation and storage of foods cannot be assured, commercially prepared foods may also be a means of safeguarding baby's health.

ON MILK

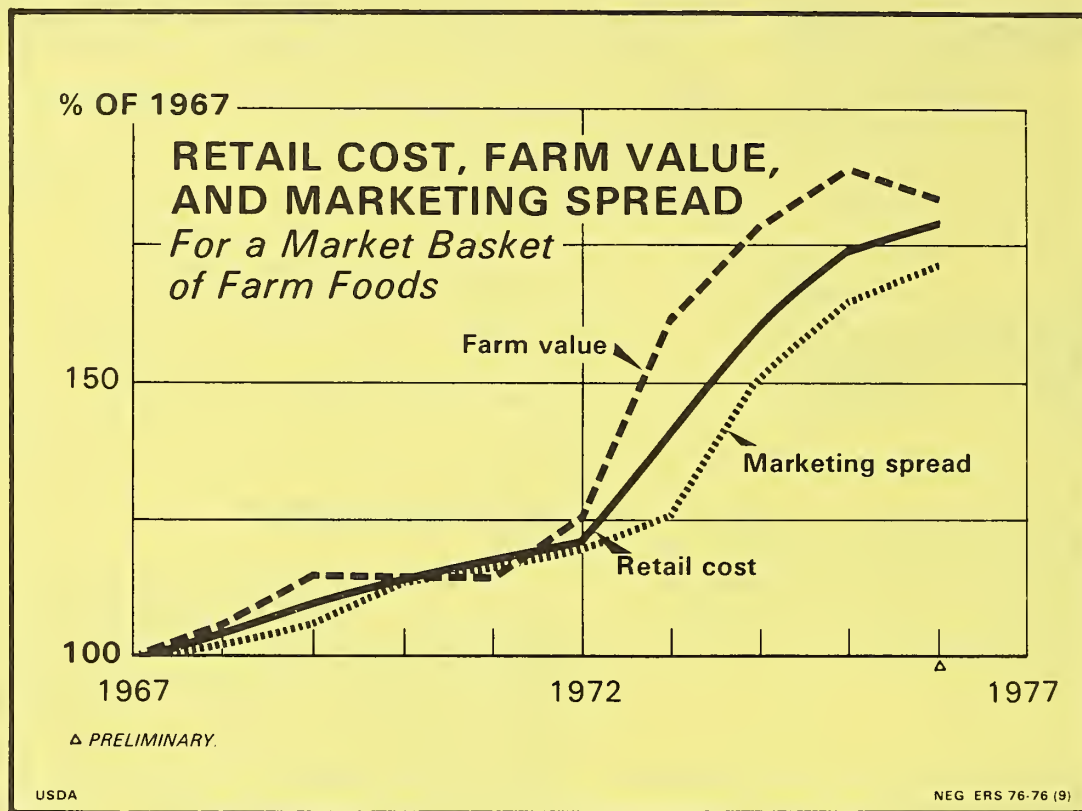
For baby's first year the cost of food may differ by \$100 or more --depending on the foods selected for baby's diet. Mother's milk is a safe, convenient and economical form of milk for the baby, and authorities in infant nutrition recommend that breast feeding be encouraged. Actually, mother's milk is not free, it may cost more than some types of formula. For one thing, the mother who breast feeds her baby must eat more food than the mother who does not provide adequate milk for her baby.

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AGRICULTURAL CHARTS

The farm-food market basket, 1967-76¹

Year	Retail cost	Farm value ²	Farm-retail spread ³	Share of retail cost	
				Farm ⁴	Marketing ⁵
	1967=100	1967=100	1967=100	Percent	Percent
1967	100	100	100	39	61
1968	104	105	102	39	61
1969	109	115	106	41	59
1970	114	114	113	39	61
1971	116	114	116	38	62
1972	121	125	119	40	60
1973	142	167	126	46	54
1974	162	178	152	43	57
1975 ⁶	174	187	165	42	58
1976 ⁶	177	183	172	40	60

¹ The "market basket" contains the average quantities of domestic farm-originated food products purchased annually per household in 1960-61 by wage-earner and clerical-worker families and single persons living alone.

² Gross return to farmers for the fixed quantity of farm products equivalent to the foods in the market basket.

³ Difference between the retail cost and farm value. It is an estimate of the charges made by marketing firms for assembly, processing, transportation, and distribution. ⁴ Farm value as a percentage of retail cost. ⁵ Farm-retail spread as a percentage of retail cost. ⁶ Preliminary.

Prepared by the Economic Research Service of the U.S. Department of Agriculture. Slides/prints of these charts are available to the PRESS for reproduction if requested to the Editor of Food and Home Notes.

ON FEEDING BABY (CON'T.)

(On USDA's thrifty food plan, a lactating woman spends about \$3.00 more per week for food than a nonlactating one). Thus, the total cost of breast feeding the infant in early months of life may run from \$3.50 to \$5.50 per week. A formula for baby may cost from \$2.80 to \$19.70 per week, depending on the formula used and the container in which it is purchased. However, for the sake of economy, or any other reason, the choices of breast feeding, or not -- or preparing foods at home or purchasing commercial foods should depend on individual situations. Doctors or other Child Health professionals can consult parents on the pros and cons for the individual child, and then help make the decisions.

ON CEREALS

Baby does not necessarily need food other than breast milk or formula until about six months of age -- but, it is generally a transitional period when infants are getting acquainted with "table foods". Precooked dry cereal (mixed with water or formula) is usually the first solid food given to the baby. Infant cereals -- rice, barley, oatmeal, mixed, and high protein are convenient to use and are economical sources of several nutrients. Infants cereal, valued as a source of iron, is needed for the prevention of iron deficiency anemia among babies. Customary servings of other types of baby food contain either no iron or much less iron. In addition, they are much more expensive than a customary serving of infant cereal. Regular cereals -- oatmeal, grits, and some farina, -- require cooking and do not have iron added. They are less expensive than infant cereals -- but, do not provide enough iron to insure the recommended amounts.

The unit price, or price per pound, usually is easy to check. In Washington, D.C. the July 1976 cost of a pound of instant cereal was .59 from the 1 lb. package, .72 from the 8 oz. packages, \$1.15 from the packages of six individual 1 oz packets.

ON FEEDING BABY (CON'T.)

Dry instant cereal mixed with fruits -- such as bananas -- commercially cost about a third more.

ON JUICES

Strained orange juice and fortified apple and mixed fruit juices are rich sources of vitamin C. A 4 fl. oz serving of any of these juices daily supplies the infant's recommended allowance (35 mg) abundantly. Commercially prepared strained orange juice is more expensive -- usually $1\frac{1}{2}$ times as juice squeezed from fresh fruit or juice reconstituted from frozen concentrate. Strained orange juice costs about 4 times as much as that made from frozen concentrate.

--AN NOW TO...

Foods prepared for family meals suitable for baby can be pureed for immediate use or quick frozen in small sterilized containers or ice cube trays for later use. Ripe bananas and cooked potatoes need only be mashed or whipped until smooth. A blender or food chopper, a freezer, and advanced planning help to make the job easier in feeding baby.

Before comparing commercially prepared vs home prepared foods you should also consider the physical condition of the child; whether the mother is employed outside the home; capability of the person responsible for the care and feeding of the baby and whether home facilities are adequate for sanitation, refrigeration, and storage of food.

*This article is an excerpt from a report by the Consumer and Food Economics Institute, Agricultural Research Service, USDA. Figures are based on July 1976 prices in Washington, D.C.

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